

Italy Individual Training Trips (Camogli)

High-level professional experience & cultural immersion



Run by:

Cassie Azevedo, our European coordinator for the last eight years. Cassie lives in Camogli with her husband Stefano and son Jackson.

How it works:

An individual athlete is placed on a club team and becomes part of this team for the duration of their stay. We find that athletes develop close friendships and are taken under the wings of their Italian teammates.

Accommodation:

Individual athletes are placed in the Azevedo's comfy and cute studio apartment in the heart of Camogli. The studio is a 5 minute walk from the beach and Jacks restaurant and a 10 minute walk to the pool.

Food:

Athletes will eat breakfast at their apartment (which is outfitted with a small kitchen and fridge). Lunch and dinner will be at Jacks restaurant, owned by Cassie & Stefano. Meals feature fresh and inventive local Ligurian cuisine.

Schedule:

- breakfast at apartment
- morning training (swim & gym on your own)
- lunch at Jacks restaurant
- evening training with club team
- dinner at restaurant

Package Prices:

1-3 day: \$600

4-7 day: \$1200

Up to 1 month: \$4,300

Package Includes:

-transportation

-accommodation + meals

-trainings/scrimmages

Private sessions:

Tony Azevedo can design a personal training programs for athletes to follow during their morning sessions. Price for 5 sessions: \$500

Getting there:

Most of our participants opt to purchase airfare through our partner agency Adriatic Travel. Not only do they get the most competitive rates to the region, they also take care of the travel process from start to finish.

Fun Fact:

Italy was the only country in the world to medal in both men's and women's water polo in the 2016 games.